

ACTS Retreat: FAQs

Q: How long is the retreat? What do I prepare for?

A: The retreat begins at church on Thursday evening at about 6:15 and is completed at 11:30 Mass on Sunday. Take into consideration the time of year and pack appropriately. While most of the activities take place indoors, you will likely spend some time outdoors. Also, pack things you would typically bring for a short trip—toiletries, medications, etc. Bedding and towels are provided, but you could choose to pack a pillow and extra towel if you like. Bring clothes appropriate for mass on Sunday.

Q: What about accommodations and meals?

A: Typically, you have a private room with a sink and mirror. Toilet and shower facilities are shared by floor, but there are, of course, private stalls for each. The food is great—three meals are served each day and the retreat team makes certain that snacks and non-alcoholic beverages (water, soda, coffee) are available during the day. If you have special dietary needs, it is helpful if you note them on the registration form when you sign up for the retreat.

Q: Are there any requirements for making an ACTS Retreat?

A: All are invited, Catholics and non-Catholics. The only requirement is a willingness to spend some time with God and with fellow parishioners.

Q: How is the retreat run?

A: The retreat is run by your fellow parishioners—women if you're on a women's retreat and men if you're on a men's retreat. They spend time prior to the retreat meeting weekly and preparing spiritually for the retreat, as well as handling most all the planning and logistics for the weekend. Each team has a priest, and he has a large role in the weekend as well.

Q: So what EXACTLY happens on the retreat? What activities? Is it a silent retreat? If not, am I required to participate?

A: This isn't a silent retreat—it is more participative. While the retreats are planned around the same format, they all happen a little differently and part of the blessing (and enjoyment) of the retreat is discovering what it means to you as it happens. For this reason, it is hard to get into specifics. There is prayer, reflection, liturgy and discussion. You can choose to participate in the discussion as much or little as you like. People are different, so their experience and reaction to the retreat differs, but if you talk to men and women who have been on the retreat, you'll see that responses are typically very positive.

Q: What is ACTS?

A: ACTS is an acronym that stands for Adoration, Community, Theology and Service. It is a retreat format that was started in San Antonio, Texas and grew out of other retreat formats that already existed. It is centered on how we as Catholics can improve our relationship with God and build a better, stronger faith community. As you might guess, you will hear a little about each of the elements of the ACTS acronym on your retreat.

Q: So, if I go on the retreat, am I required to participate more in the future? Do I have to do certain things? Do I have to be on a retreat team or be involved in other ACTS centered activities?

A: The short answer is no, you don't have to do anything after the retreat. Hopefully, during the retreat you learn things about your faith, yourself and the way others practice their faith. The goal isn't more members for a group; it is a better, stronger relationship with the Lord. If that relationship moves you to also become more active in our parish community, that's great!

Q: Where can I get more information?

A: Call any of the names on the registration form (Director, Co-Director, Spiritual Coordinator) or the parish office at 314-965-3985.